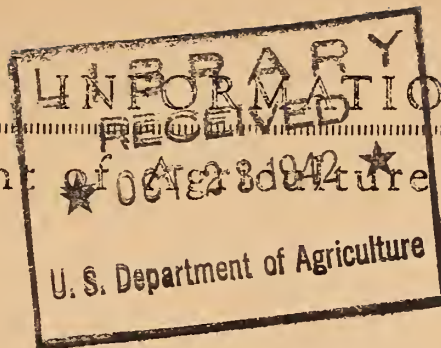


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United States Department of Agriculture

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WASHINGTON, D.C.

THE MARKET BASKET

by

Bureau of Home Economics, Agricultural Research Administration
U. S. Department of Agriculture

LONGER WEAR FOR ELECTRIC CORDS

"Lifeline" of many a home appliance, the electric cord is one more article that deserves special care in wartime.

For copper and rubber--used in such cords--are needed by our fighting men. Copper and rubber go into the very implements that can make the difference between life and death for our armed forces--success or failure of the war.

So, though it seems a little thing, make your electric cord last as long as possible. That way you can help conserve copper and rubber and help yourself. The good care that makes your cord wear longer also makes it serve you better.

The main thing to keep in mind about your appliance cords is to be reasonably careful with them, no matter how sturdy they seem, according to household equipment specialists of the U.S. Department of Agriculture. Good care repays in longer service -- insures safety in use.

Improper handling or hard use can do considerable damage, may even shorten the life of your cords. Yanking, bending a cord sharply, kinking or knotting it, hitting plugs or caps against hard objects -- all these take their toll.

Much of the ^{wear} on an electric cord comes when it is being connected or disconnected. Always grasp the plug or cap at the end of the cord when you take it from the wall outlet...never pull on the cord itself.

With a firm hold on the cap, pull it from the outlet - but don't yank. Even if it's a tight fit - a little hard to remove - don't twist or wiggle it. Keep pulling straight until cap prongs come free from the outlet. If you disconnect a cord by pulling cord rather than cap or plug, one or more wires may be pulled loose inside the cap or plug. Either wire, loosened, may cause a broken connection or a short circuit.

When you use a cord with a switch, or an outlet controlled by a switch, make all connections and disconnections with the switch turned off. By doing this, you save the metal prongs and outlets from the sparking that sometimes takes place when connections are made with the current on. Sparking eventually wears away the metal - and metal is hard to replace now.

If your iron has no thermostat and there is no switch control, you may have to control the temperature of your iron by disconnecting it frequently while you are using it. Make these disconnections from the wall outlet, not from the iron itself. When you are through ironing you disconnect at both wall outlet and iron.

Watch for signs of wear on outside covering of an electric cord. Repairing the first frayed place may save a lot more trouble later on. Hard use or rough handling can wear off the covering, may even wear off the inside insulation so that one or both of the wires are exposed. If the bare wires touch while current is flowing, a short circuit is formed. The result - an excessive flow of current that may result in a blown fuse.....a cord burned in half....or even a fire.

Heat can injure both covering and inside insulation of electric cords - so keep your cords from touching hot surfaces. If a cord is permanently attached to a heating appliance, make sure the appliance is cool before you wrap the cord around it for storage. And above all, don't let an electric cord get wet - unless, of course, it's a rubber covered type for use in wet places.

If water soaks through the covering and inside insulation of a cord and reaches the wires, this can also cause a short circuit. Even a rubber covered cord, if the rubber is defective or cracked, may let water seep in and cause the same trouble.

Extension cords often call for particular care. Best way to run this type of cord from one place to another is to attach it to the baseboard with special fasteners. This keeps it off the floor. If it's necessary to cross doorways, run the cord up around the door casing - never across the opening.

Electric cords may be damaged if laid under rugs or strung aimlessly across the floor. Furniture or movable equipment may be run across them, they may be stepped on. Constant wear of this type will destroy the cord's covering and inside insulation - may cause a short circuit, even a fire. Cords are dangerous in another way if they are left where people may trip on them.

When cords are "off duty", store them with care so they will work for you longer. Always remove separate cords from appliances when you are through using them. This preserves tension in the plug clips that fit over the appliance prongs.

Hang the cords over large, round wooden pegs...or over two or more metal hooks. It's better to hang a cord over two pegs than one, because the bend will not be so sharp. A sharp bend weakens the wire and may eventually cause it to break.

Electric cords may also be coiled loosely and stored in a drawer. However, make sure that the drawer doesn't hold anything sharp enough to do damage. All cords need a clean, dry storage place. If you have rubber covered cords, put them where it's dark and cool as well as clean and dry. With any type of cord, be sure it's free of kinks and knots before you put it away.

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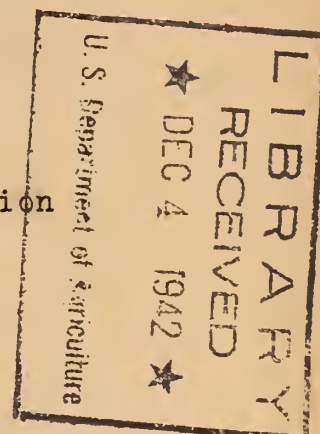
WASHINGTON, D. C.

THE MARKET BASKET

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----- APPLES RETURN AS VICTORY FOOD SPECIAL -----



From salad to pie--apples fit into Victory meals these days. For the second time this fall, apples are starring as a Nationwide Victory Food Special. Winter varieties are the ones that get "special" listing from October 22 through Halloween.

This year's crop of apples is above average--bigger than last year's. The export market is cut off by a global war. Apples, and all fruits in fact, can be shipped in quantities to our armed forces and our allies only in dried and canned forms. For all these reasons, fresh apples are another food that we can eat our fill of here at home.

EASY ON THE SUGAR RATION

In addition to their good flavor, apples have another welcome wedge into wartime meals. Served fresh, they need no sweetening at all. Cooked, they need only be sweetened to taste. And the sweetening may sometimes be honey or corn sirup to help out on the sugar ration.

If you use raw apples abundantly, they can contribute a fair amount of vitamin C, and small amounts of thiamine and riboflavin to your diet. The amount of these vitamins you'll get depends upon apple varieties, how and how long the apples were stored. Cooking, of course, destroys much of the vitamin content. Recent experiments made in the Beltsville laboratories of the Bureau of Home Economics show that vitamin C is concentrated in the peel of apples. This, too, varies among different varieties.

In addition, the apple in the diet has other merits. It is well digested by most persons. And it appears to be a good conditioner of the intestinal tract.

Every homemaker who wants 100 percent success with her apple dishes needs a self-taught course in apple varieties and their uses. In every section of the country--throughout the winter--there are some apples that are best for baking, some that are primarily pie apples, some topnotch for eating fresh out of hand, some equally good for all purposes.

10 DAYS--10 WAYS

No matter how often you intend to work Victory Food Special apples into your meals, you needn't be at a loss for ways to serve them. Here are ten good ways--one for every day.

Eat them "as is." Simply wash, and shine with a clean cloth. Set on the table as a centerpiece that disappears as dessert.

Fresh apple salad. Combine diced apples with chopped celery, nuts, and salad dressing for the favorite Waldorf salad. Or mix shredded cabbage, diced apples, and salad dressing with seasoning to taste. Make salad no further ahead of time than absolutely necessary. You lose vitamin C that way--and the apples may discolor.

Try a sugar-saving applesauce. Add sugar or other sweetening to taste to apples after they have been cooked in just enough water to keep them from scorching, and have been put through a colander or stirred 'til smooth. Add a few grains of salt and serve hot to bring out the good apple flavor and the sweetness.

Baked apples. For a simple dessert, wash apples, core them but do not cut through the stem end. Fill the center of the apple with sugar or corn sirup. Add butter or other table fat and chopped nuts if you like. Cover the apples in a baking dish. Bake in a moderate oven until the apples are soft. Serve hot or cold.

Apple pie with melted cheese. Take a freshly baked or a cold apple pie. Cover the top with American cheese grated or cut into thin slices. Put in a very moderate oven until the cheese melts. Serve at once.

Fry apples with onions. Cube or slice peeled or unpeeled apples. Fry with onions cut in thin slices--in a single layer--in a small amount of fat--in a frying pan. Cover the pan and cook until apples and onions are well browned on both sides. Just before the cooking is finished, sprinkle lightly with sugar and a little salt. Serve hot.

Brown betty. Put alternate layers of oven-toasted, crumbled bread and diced tart apples in a baking dish. Sprinkle sugar, salt, and cinnamon or any seasoning you like over each layer of apples. Pour some melted, good-flavored fat over the top layer of crumbs. Cover and bake for 30 to 45 minutes--or until the apples are soft. At the end of the cooking time, take off the cover to let the top brown.

Scallop apples with sweetpotatoes or cabbage. Put alternate layers of sliced tart apples and shredded cabbage or sliced, cooked sweetpotatoes in a baking dish. Sprinkle each layer of apples with a little sugar and a little salt. Dot with well-flavored fat. Spread breadcrumbs over the top. Add a little water--very little. Bake until the apples are tender and the crumbs brown--30 to 45 minutes.

With pork chops. Atop each browned chop, skewer with a toothpick one half of a cored, unpared apple. Cover and bake for 30 to 45 minutes in a moderate oven -- until apple is tender and the pork thoroughly cooked. Serve at once.

Halloween apples. Apples in any form are right for Halloween--whether you drink them as cider, serve them as jack o'lantern baked apples or other desserts or bob for them fresh.

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SHEETS AND PILLOWCASES
ON "MAKE 'EM LAST" LIST

There will be fewer sheets and pillowcases allowed to do "ghost" duty this Hallowe'en. The reason--the war. The person in the household who guards the linen closet knows by this time that sheets and pillowcases with wear still in them are on the "make 'em last" list. For textile mills are taxed to the limit with orders. Homemakers are helping to ease the heavy schedules in these mills when they take extra-good care of the household textiles.

One way to get the best service from a sheet or pillowcase is to distribute the wear as evenly as possible, according to home economists of the U. S. Department of Agriculture.

EXTRA CARE - EXTRA WEAR

The Bureau of Home Economics has found by test that sheets wear out most quickly where the sleeper's shoulders normally rest. You can distribute this wear by reversing the sheet occasionally, putting the top part at the bottom of the bed.

Sheets will also last longer if you let each one rest between "working periods." So put freshly laundered sheets on the bottom of the pile in your linen closet. Thus, no sheet is overworked while others lie idle.

If you find snags or tears on the sides of your sheets, take a look at the springs and bed rails to see whether they are to blame. Bend down any loose or

sharp ends of wire on the springs, or sandpaper off any splinters on the bed rail. And it's best to mend the snags and tears in the sheets quickly. If you don't, they will be even bigger after the sheets are laundered.

Sheets not large enough for the bed wear out more quickly than those the right size. When used as undersheets, they may get hard pulling in the effort to tuck them in. When used as topsheets, they may get yanked at the top as the sleeper tries to cover his shoulders.

If you have such sheets, try piecing to make them longer. Good material from old, worn sheets serves this purpose. If need be, you can even piece the sides of a small sheet and get more tucking-in room.

Life-expectancy of pillowcases is about the same as that of sheets. And, you can extend their careers too. Underslips, the removable coverings for pillows, lighten the wear on pillowcases. Acting as a "buffer" between case and pillow, the underslip keeps the case from rubbing against the harsher ticking fabric.

A pillowcase may show first signs of wear where folded. Constant folding makes these places so weak that in time they may split. Here's how to avoid this damage, if the pillowcase is made from tubing and has no side seams: Before the case has seen very much wear, open the seam end. Then move the side places where folds formerly were made over to the face of the pillowcase. Re-seam the end.

If you happen to have pillowcases too narrow for your pillows, you can piece the sides. It may not lend to the appearance of the pillowcases, but it is good economy. Pillowcases too small have shortened careers.

Using a sheet or pillowcase as a laundry bag is one of the hardest uses to which it can be put. There is strain on the sheet where it's knotted to hold in the laundry. If a pillowcase is used, its seams often suffer the chief strain.

Then too, the fabric, although sturdy, was not made for this type of wear and much damage can be done by rough handling.

CAREFUL LAUNDERING SAVES FABRIC

A major goal on laundry day is to keep sheets and pillowcases white - but not launder them too hard. It's best to wash sheets and pillowcases before they become very soiled, and to avoid using strong bleaches. Bleaches containing free chlorine react with the fiber of the fabric, causing it to deteriorate. The sun is a good bleaching agent - you can depend on it to a great extent to make your laundry white.

However, don't depend on laundering or sunshine to banish stains on sheets or pillowcases. It's best to remove stains before tubbing because hot water sets some stains, so they are more difficult, perhaps even impossible, to get out.

When drying, hang sheets and pillowcases by the hem. If it's cold weather and they freeze while on the line, don't move them until dry. They split if folded when frozen.

Too hot a flatiron weakens the fibers of your sheets and pillowcases, even if it doesn't leave scorch marks. So keep the temperature of your iron about medium. It will save the fabric some wear, also, if you don't press folds in sheets or pillowcases.

Sheets run through a mangle sometimes split along the selvage. This is the result of allowing the edge of the sheet to roll back as it enters the mangle. Folds form along this edge. Continual pressing of these folds in the mangle breaks yarns in the fabric and slits occur.

You can seam such tears, or take off the entire selvage and finish the edge with a narrow hem. And there's still a third way - you can strengthen the edge by stitching tape under the torn places.

